What is claimed is:

1. A cover and hinge assembly for covering a cable trough having a base and two sidewalls, the assembly comprising:

a cover plate having a pivot member along at least one edge;

a hinge member defining a detent pocket, the pocket releasably holding the pivot member of the cover plate so that the cover plate may be rotated relative to the hinge member by rotation of the pivot member within the pocket.

2. The cover and hinge assembly of claim 1 wherein the cover plate defines at least one slot for receiving a portion of the hinge member.

3. The cover and hinge assembly of claim 1 wherein the pivot member is a rounded post and wherein the pocket is a rounded channel.

4. The cover and hinge assembly of claim 1 wherein the hinge member includes first and second arms, the first and second arms coupled by a middle member to form a U-shaped recess for receiving a sidewall of the trough between the first and second arms.

5. The cover and hinge assembly of claim 4 wherein an interior side of the first arm includes a retention tab having a ramped surface.

6. The cover and hinge assembly of claim 1 wherein the pivot member is a first pivot member and wherein the edge is a first edge, and wherein the cover plate includes a second pivot member along a second edge opposite the first edge;

wherein the assembly further comprises a second hinge member defining a pocket, the pocket releasably holding the second pivot member of the cover plate so that the cover plate may be rotated relative to the second hinge member by rotation of the second pivot member within the pocket of the second hinge member.

7. The cover and hinge assembly of claim 6 wherein the cover plate defines a first slot for receiving a portion of the first hinge member and wherein the cover plate defines a second slot for receiving a portion of the second hinge member.

8. The cover and hinge assembly of claim 6 wherein the first and second pivot members are rounded posts and wherein the pockets of the first and second hinge members are rounded channels.

9. The cover and hinge assembly of claim 6 wherein the first and second hinge members both include first and second arms, the first and second arms coupled by a middle member to form a U-shaped recess for receiving a sidewall of the trough between the first and second arms.

10. The cover and hinge assembly of claim 6 wherein interior sides of the first arms of the first and second hinge members include a retention tab having a ramped surface.

11. A cover for covering a cable trough, the cover plate comprising:

a cover plate having first and second opposite edges,

a first pivot post disposed along the first edge of the cover plate;

a second pivot post disposed along the second edge of the cover plate, the second pivot post being parallel to the first pivot post;

wherein the cover plate defines at least one slot along each pivot post.

12. The cover of claim 11 wherein the cover plate defines a plurality of slots along each pivot posts.

13. The cover of claim 11 wherein the cover plate defines a uniform cross-section except for the slots.

14. A hinge piece for hingedly mounting a cover plate with a pivot member to a cable trough, the hinge piece comprising:

first and second arms coupled by a middle member, the arms and middle member together forming a U-shaped recess for receiving a sidewall of the trough between the first and second arms; and

a detent pocket for releasably receiving the pivot member.

15. The hinge piece of claim 14 wherein the detent pocket includes first and second opposed extension members each having a retaining boss projecting toward an interior of the pocket.

16. The hinge piece of claim 15 wherein a push tab extends from the second extension member wherein by pushing the push tab the second extension member may be flexed away from the first extension member.

17. The hinge piece of claim 14 wherein an interior side of the second arm includes a retention tab having a ramped surface.

18. The hinge piece of claim 14 wherein one of the first and second arms defines an aperture and wherein the hinge piece further comprises a fastener disposed through the aperture for fastening the hinge piece to the sidewall of the trough.

19. A cable trough and cover assembly comprising:

a cable trough having a base and two sidewalls extending from the base;

a cover plate having a pivot member along at least one edge;

a hinge pedestal having a base portion secured to the base of the cable trough and a extending body extending away from the base portion, the extending body defining a pocket, the pocket sized to releasably receive the pivot member of the cover plate so that the cover plate may be rotated relative to the trough by rotation of the pivot member within the pocket.

20. The cable trough and cover assembly of claim 19 wherein the pocket is a first pocket and wherein the extending body defines a second pocket and wherein the cover plate is a first cover plate, and wherein the assembly includes a second cover plate having a pivot member along at least one edge, the second pocket sized to receive the pivot member of the second cover plate so that the second cover plate may be adjustably positioned at a plurality of angles relative to the trough by rotation of the pivot member of the second cover plate within the second pocket.

21. A cable trough assembly comprising:

a cable trough having a base and first and second sidewalls extending from the base;

first and second hinge pieces each defining a pocket and each having first and second arms coupled by a middle member, the arms and middle member together forming a U-shaped recess, the U-shaped recess of the first hinge piece receiving first sidewall, the U-shaped recess of the second hinge piece receiving the second sidewall;

first and second cover plates each having a pivot member along at least one edge, the pivot members of the cover plates being releasably received in the pockets of the first and second hinge pieces respectively so that the cover plates may be adjustably positioned at a plurality of angles relative to the sidewalls by rotation of the pivot members within the pockets of the hinge members.

22. The cable trough assembly of claim 21 further comprising a pedestal inserted between the sidewalls of the trough, the pedestal having a base portion secured to the base of the cable trough and an extending body extending away from the base portion, wherein the cover plates are supported by the extending body of the pedestal.

23. The cable trough assembly of claim 22 wherein the pedestal defines at least one pocket sized to receive one of the pivot members of the first and second cover plates, so

that the cover plates may be releasably and hingedly received by the pockets of the hinge pieces or the pockets of the pedestal.

24. A hinge pedestal for mounting a cover plate with a pivot member to a cable trough, the hinge pedestal comprising:

a base;

an upstanding wall extending from the base, the upstanding wall defining at least one pocket sized to receive the pivot member of the cover plate so that the cover plate may be releasably received in the pocket and so that the cover plate may be rotated relative to the upstanding wall by rotation of the pivot member within the pocket.

25. The hinge pedestal of claim 24 wherein the upstanding wall defines two pockets.

26. The hinge pedestal of claim 24 further comprising an adhesive disposed on a bottom surface of the base.

27. A method of covering a cable trough having two sidewalls, the method comprising the steps of:

providing at least one hinge piece having a detent pocket and first and second arms coupled by a middle member, the arms and middle member together forming a U-shaped recess;

positioning the hinge piece so one of the sidewalls of the cable trough is received in the U-shaped recess;

providing a cover plate having a pivot member along at least one edge;

snapping the pivot member of the cover plate into the detent pocket of the hinge piece.